

# Retiree News

A Supplement to the Desert Airman

Friday, July 30, 2004

## Notes to Know

### Volunteers needed

The Retiree Activities Office needs volunteers in several areas. If you have four or more hours available weekly, please contact the RAO to volunteer. Volunteers are needed for the RAO information desk, at the main gate Visitor's Center and the Law Center. If the RAO doesn't have placements of interest to a volunteer, the volunteer will be referred to other agencies such as family services, the medical clinic or the Veterans Administration. Contact the RAO at 228-5100, [retired@dm.af.mil](mailto:retired@dm.af.mil) or at 5345 East Madera Street.

### The Retired Enlisted Association

Sometimes retirees find some extra time on our hands. The retired enlisted association needs those who are experiencing this and would like to help others. Even those who have not yet retired are invited. The TREA helps enlisted members who are in need. However, they also welcome new ideas for association activities especially from active duty and the recently retired who may be more current on the needs of today's servicemembers. Members of TREA, Chapter 91, meet the third Tuesday of every month at 10 a.m. at the Hope Chapel Annex. Members will be very pleased to have military and retired enlisted members join them in their endeavors. For more information, call Ivyl Holloway at 721-8579.

### Meals for retirees

Retirees and their families are invited for meals at the Desert Inn Dining Facility Saturdays and Federal Holidays for brunch from 6 a.m. to 1 p.m., and dinner from 4 to 6 p.m. Deployed Family Meals are Tuesdays from 3:30 to 5:30 p.m. Cost is based on the items selected for each meal. The meals are open to authorized ID card holders including retired military, spouses and family members with dependent IDs. For more information, call 228-5501.

## Paths offer safe workout option

By Retired Tech. Sgt. Lawrence Dreyer

There is some good news for those retirees who like to stay in shape or want to get off their fannies and get into shape.

The base has built a new walking/running path. The beginning point for the track is just south of the tennis and racquetball courts. Parking is available in the racquetball parking lot.

According to Tech. Sgt. Leon Wright, 355th Services Squadron, the asphalt-surfaced path is a mile and a half long and is located alongside the golf course. In addition, there are several stations along the path outfitted with specific types of exercises. For example, at the first station, individuals will find an apparatus to do sit-ups, pushups and pull-ups.

Aside from the new path, there are other options for walking and running on base. There

is the indoor track located within the sports and fitness center, a quarter mile track just north of the center and routes mapped around base in one and three mile distances that involve street walking or running. A diagram for these routes is located at the sports and fitness center.

For those used to walking or running longer distances, there is a 13 mile track known as the Sun Glow or Columbia Road track. It starts just beyond the Swan Road Gate. However, there are special conditions for using the path that involve carrying a cell phone and walking or running with another person. Check with personnel at the sports and fitness center at 228-0021 for more information before using the Sun Glow track.

Using the tracks around base are a way individuals can stay healthy and improve their odds of living a longer and happier life.

## Locating military members a reality

Those who would like to locate an Air Force military member they have lost track of now have a way to do it. The Air Force Worldwide Locator handles official and unofficial requests to locate Air Force personnel. The locator only has information on individuals who are currently receiving compensation from the Air Force including Active Duty, Guard, Reserve, Retired and Civil Service Personnel. If the individual has separated from the Air Force, no information is available.

Unofficial requests must be made in writing and fees may or may not be applicable. The requester should include their name, address and telephone number as well as the full name, rank, social security

number or Air Force serial number, date of birth or an Air Force duty history to include the place, month and year of assignments after June 1970 of the person they are wishing to locate. This information should be placed in an unsealed envelope with a return address, proper postage affixed and the individual's name in the addressee portion of the envelope. Place this envelope in a larger envelope with a check or money order for \$3.50 made payable to DAO-DE RAFB and mail to HQ AFPC/DPDXIDL, 550 C. St West Ste 50, Randolph Air Force Base, TX 78150-4752. A request constitutes consent to release this information to the member. For more information, visit [www.afpc.randolph.af.mil/IM/AFLocator&FOIA/afwwloc.htm](http://www.afpc.randolph.af.mil/IM/AFLocator&FOIA/afwwloc.htm).

## Korean Defense Service Medal available

Criteria were announced in March for the award of and procedures to claim entitlement to the Korean Defense Service Medal, authorized by Congress in February.

The new medal is in recognition of the accomplishments of service members who served in Korea from July 28, 1954 to a future undetermined date.

To qualify for the medal, servicemembers

must have served in support of the defense of the Republic of Korea. The area of eligibility encompasses all land area of the Republic of Korea, and the contiguous water out to 12 nautical miles and all air spaces above the land and water areas.

Servicemembers must have been assigned,

See *Medal*, Page 2

## CHAT helps members learn, be heard

The Community Health Advisory Team meets Oct. 5 and Jan. 4 at The Mirage Officers' Club to give all members of the D-M community, including active-duty, retirees and family members, an opportunity to learn more about the services provided at the 355th Medical Group. Attendees

not only learn about services but have an opportunity to voice concerns and make any comments they may have. Attendees can go through the lunch line from 11 to 11:30 a.m. The briefings start at 11:30 a.m. For more information, call 228-2919 or 228-2649.

## Medal

Continued from Page 1

attached or mobilized to units operating in the area of eligibility and have been physically deployed in the area of eligibility for 30 consecutive or 60 nonconsecutive days or meet one of the following criteria:

- ◆ Have been engaged in actual combat during an armed engagement, regardless of the time in the area of eligibility;
- ◆ Wounded or injured in the line of duty and required medical evacuation from the area of eligibility; and
- ◆ Participated as a regularly assigned aircrew member flying

sorties into, out of, within or over the area of eligibility in support of military operations. Each day that one or more sorties were flown in accordance with these criteria counts as one day toward the 30 or 60-day requirement.

Personnel who served in operations and exercises conducted in the area of eligibility are considered eligible for the award as long as the basic time criteria is met. Due to the extensive time period for medal eligibility, the nonconsecutive service period for eligibility remains cumulative throughout the entire period.

Retired members and veterans who meet the eligibility requirements, or the next of kin in the case of those now

deceased, request the award from the National Personnel Records Center in St. Louis. Only one award of the medal is authorized for any individual. The address is: NPRC, 9700 Page Avenue, St. Louis MO 63132-5100. The Web site is <http://www.archives.gov>.

Requests should include documents clearly proving service and dates in Korea, such as TDY/PCS orders, performance reports, letters of evaluation, flight records, decoration citation, record review RIP, medical documents or DD Form 214 (discharge form). Questions should be addressed to, and only to, the NPRC Customer Service Center at (314) 801-0800.

## Society of military widows

The next society luncheons and general meetings are Aug. 21, Sept. 18 and Oct. 20. The August and October meetings will be held at noon at The Mirage Officers' Club. The cost for lunch is \$13 and club members receive a discount. Those not wanting lunch may come after for the meeting and program. The September meeting, a legislative meeting, will be held off base.

Members are looking forward to attending the National Convention in El Paso, Texas at the Marriott Hotel from Oct. 14 to 17. The SMW, Chapter 30 of El Paso will host the meeting. Important subjects to be addressed include legislation supporting removal of the survivor benefit offset. To make reservations one week before the meeting, call Luise Bell at 663-0279. For more information on the SMW, call Suzanne Shafe at 579-0789.



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## Classes offer valuable computer assistance to senior citizen community

SeniorNet is a nonprofit organization staffed by senior volunteers whose mission it is to teach seniors age 50 and over how to become comfortable with computer technology in a warm and friendly environment. SeniorNet has over 240 learning centers in the U.S., including two in Tucson, Ariz. located at the Armory Park Senior Center at 220 South 5th Ave. and in Udall Center at 7200 East Tanque Verde Road.

SeniorNet members, whose annual dues are \$40, receive a quarterly newsletter, member discounts from various manufacturers and are eligible to enroll in reasonably priced computer courses which are \$20 each at Armory or \$35 each at Udall.

The classes are taught by senior volunteers. Each course meets for three hours per week, morning or afternoon, and runs for five weeks. Each student, up to six per class at Armory, up to eight at Udall, has their own computer system for use during the class and coaches offer personalized assistance.

Courses currently offered, subject to instructor availability, include Introduction to Personal Computing, Introduction to

Microsoft Works Suite 2003, Microsoft Word 2002, Internet, Introduction to Genealogy, Digital Photo Imaging and Exploring Windows XP.

Tucson SeniorNet offers seven class sessions per year. For more information, call 721-7591, send an e-mail to [registrar@tucsonseniornet.org](mailto:registrar@tucsonseniornet.org) or visit [www.tucsonseniornet.org](http://www.tucsonseniornet.org).

Students, age 50 and over, must register in person for the three hour long, five week computer classes, on specific dates. For the Armory, registration is Aug. 28 from 9 to 10:30 a.m. for classes beginning Sept. 7 and Oct. 16 from 9 to 10:30 a.m. for classes beginning Oct. 25. For Udall, registration is Aug. 25 from 9 to 10:30 a.m. for classes beginning Sept. 7 and Oct. 13 from 9 to 10:30 a.m. for classes beginning Oct. 25.

Verify these dates at 721-7591 before registering at the site of your choice. Be prepared to pay by check when registering. The cost for Udall is \$75 at Udall and \$60 for the Armory.

(Information courtesy SeniorNet handout, Web site and Pima Council on Aging May 2004 newsletter.)

## Free credit reports

Annual free credit reports are going to be available around Dec. 1 for those who live in the west. The U.S. Fair and Accurate Credit Transactions Act became law in December 2003. Procedures to implement the free annual credit reports, from the three major credit-reporting agencies, are being worked out, so watch the local media for more specific information.

In the meantime, save the following information for timely requests when the time comes. With the proliferation of people taking advantage of people in person, by phone, over the Internet, etc., keeping an eye on individual credit records is very important.

Contact information for the three major credit-reporting agencies follows:  
 Equifax, P.O. Box 740241, Atlanta, GA 30374, 1-800-525-6285, [www.equifax.com](http://www.equifax.com);  
 Experian, P.O. Box 9532, Allen, TX 75013, 1-888-397-3742, [www.experian.com](http://www.experian.com);  
 TransUnion, P.O. Box 6790, Fullerton, CA 92834, 1-800-680-7289, [www.transunion.com](http://www.transunion.com).

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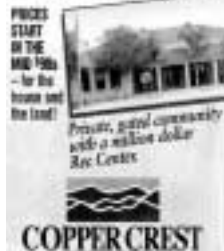


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